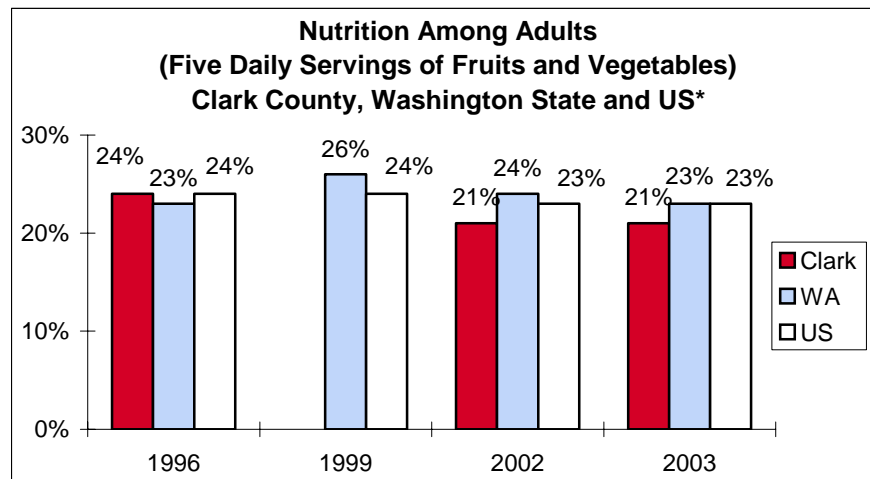


# CLARK COUNTY ADULTS AND YOUTH RISK FACTORS OF NUTRITION

Poor nutrition is a risk factor for obesity and a number of chronic diseases, such as diabetes. Fruits and vegetables are one of the basic food groups necessary for good nutrition. The national recommendation is eating between five and nine servings of fruits and vegetables per day.<sup>1</sup>

## Risk Factors – Adults

Nine servings of fruits and vegetables per day is recommended for active men and seven servings per day for active women.<sup>1</sup> One out of five adults (21%) reported consuming five daily servings of fruits and vegetables in Clark County in 2003, compared to 23% in Washington State and the nation.<sup>2</sup>

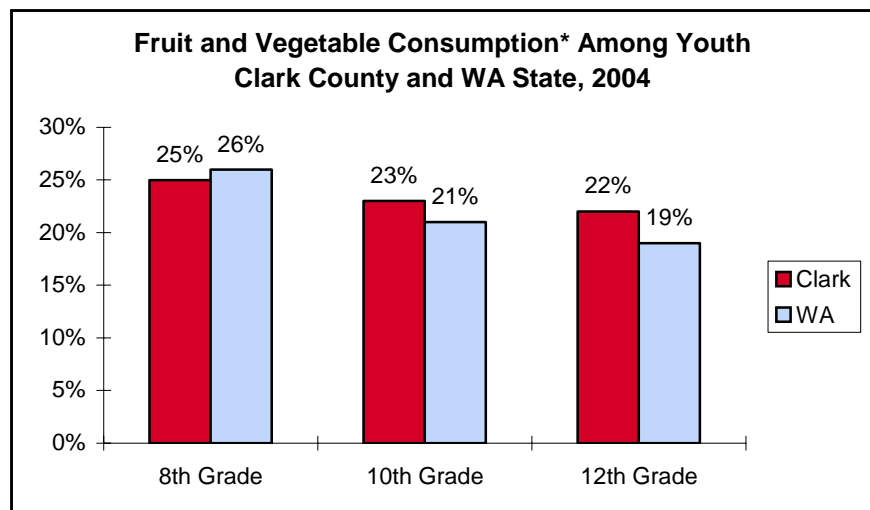


\*WA State and US data displayed for 1999 are actually from 1998 BRFSS data. Question not asked in 1999 in Clark.

Source: Clark County, Washington State and United States, BRFSS.

## Risk Factors - Youth

Nine servings of fruits and vegetables per day is recommended for teenage boys and seven servings per day for older kids and teenage girls.<sup>1</sup> One out of four eighth graders and one out of five twelfth graders reported eating five or more servings of fruits and vegetables in 2004.<sup>3</sup>

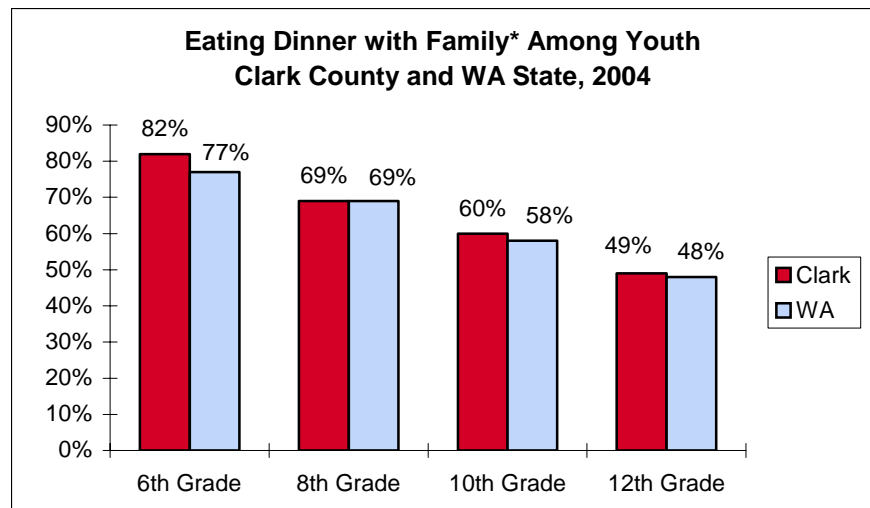


\* Percent of youth who ate 5 or more servings of fruits and vegetables per day.

Source: WA State Healthy Youth Survey 2004 Results, March 2005

## Family Dinner Frequency

Frequent family dinners have been shown to increase adolescent health and well-being, reduce substance abuse, and improve dietary intake.<sup>4,5,6</sup> The frequency of family dinners declines as youth increase in age. Four out of five sixth graders reported eating dinner with their families 'most of the time' or 'always' compared to only one out of two twelfth graders in Clark County and Washington State in 2004.<sup>3</sup>

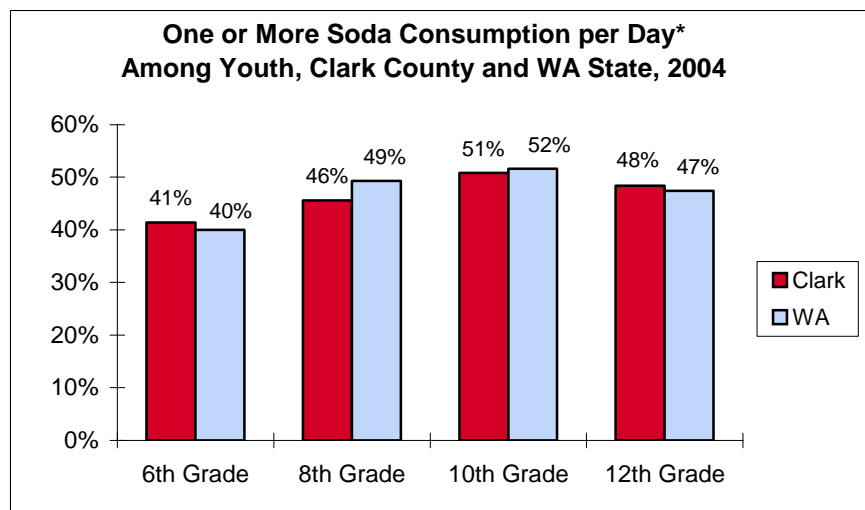


\* Percent of youth who reported eating dinner with family 'most of the time' or 'always'.

Source: WA State Healthy Youth Survey 2004 Results, March 2005

## Soda Consumption

Soda consumption leads to excess calories and weight gain. Consumption of sugar-sweetened drinks has been associated with childhood obesity.<sup>7</sup> Almost half of high school students in Clark County and Washington State drank one or more non-diet sodas per day in 2004.<sup>3</sup>



\* Percent of youth who drank one or more sodas per day; does not include diet soda.

Source: WA State Healthy Youth Survey 2004 Results, March, 2005

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